

**ROCKY SPORTS**

# BUILT FOR MORE

ATHLETE & FAMILY PLAYBOOK



## Welcome

At Rocky Sports, our goal goes beyond the game—we coach athletes to grow in character, leadership, and their foundation in Christian values.

Growth happens both on and off the court through coaching, friendship, and character-building devotionals that develop confidence, discipline, leadership, and purpose.

Every practice is building something bigger—because we are Built for More. Rooted in Jesus' example, we are committed to building character, strengthening community, and developing leaders beyond the game.

## Built For More

Rocky Sports is a youth basketball and cheer league built on the foundations of Christian values. This is a ministry extension of Rocky Mountain Christian Church.

Built for More is our foundation. Built for More reminds us that youth sports are about more than wins and losses—they are an opportunity to build character, strengthen families, and point athletes toward a foundation built on faith.

**BUILT IN JESUS**

**BUILT WITH  
CHARACTER**

**BUILT WITH  
CONFIDENCE**



# What Families Can Expect

## Commitment & Expectations

Participation on a team requires commitment from both athletes and families.

## Athlete Expectations

Athletes are expected to

- Attend practices and games consistently.
- Arrive on time and prepared to participate.
- Be teachable and maintain a positive attitude.
- Work hard and give their best effort.
- Show respect to coaches, teammates, referees, and opponents.
- Encourage and support their teammates.
- Demonstrate good sportsmanship at all times.

## Family Expectations

Families are expected to

- Avoid coaching from the sidelines.
- Support their athlete's commitment to the team.
- Ensure athletes arrive on time and prepared for practices and games.
- Communicate absences or scheduling conflicts with coaches as early as possible.
- Be respectful to coaches, athletes, referees, and opposing teams.
- Cheer positively and model good sportsmanship.
- Communicate respectfully with coaches.
- Support a positive environment focused on athlete development.

## What You Can Expect From Us

In return, families can expect:

- A positive and encouraging environment.
- Coaches who care about athletes as people first.
- A focus on character development alongside skill development.
- Clear expectations for effort, respect, and sportsmanship.
- A consistent, intentional, and faith-driven league culture.
- Coaches who intentionally look for teachable moments each week to reinforce the values that matter most, including:
  - Character over competition
  - Effort over outcome
  - Respect for teammates, coaches, referees, and opponents
  - Encouragement instead of criticism
  - Growth instead of perfection

Athletes are regularly reminded that they are **Built for More than sports**—they are becoming leaders, teammates, and people of character.



## Code of Conduct

Rocky Sports is committed to providing a positive, safe, and respectful environment for all participants. Inappropriate behavior by athletes, coaches, parents, or spectators will not be tolerated.

All participants and spectators are expected to:

- Treat athletes, coaches, referees, opponents, and spectators with respect.
- Use positive, encouraging, and appropriate language.
- Demonstrate good sportsmanship at all times.
- Avoid confrontational, disruptive, or disrespectful behavior.
- Remember that youth sports are for the athletes.

## Referee & Game Official Policy

Parents and spectators should never address, confront, or argue with referees or game officials during or after games. Officiating at all levels—including youth, adult, and professional—involves judgment calls and occasional mistakes.

Rocky Sports supports both developing and experienced referees and expects all coaches, athletes, parents, and spectators to show respect, self-control, and a commitment to sportsmanship and development.

## 24-Hour Cool Down Rule

When safety is not an immediate concern, parents and spectators are expected to wait at least 24 hours before addressing concerns related to coaches, referees, playing time, team decisions, or game situations. This allows time for emotions to settle and promotes respectful, productive communication. Concerns should never be discussed in front of athletes.

Disregarding the Rocky Sports Code of Conduct may lead to event removal, league suspension, or further measures at the discretion of our leadership. Depending on the situation, consequences may include a verbal warning, removal from an event, league suspension, or dismissal from the program.

If a spectator or parent is asked to leave a game, **their athlete must also leave the event.**

Every incident is evaluated individually to maintain an encouraging and honorable atmosphere. While we value competitive play, our program deeply prioritizes maintaining character and integrity during competition as part of our core mission



# Practice Information

## Before You Arrive

- Athletes should arrive at least 15 minutes before practice time to connect with your coach and team.
- Basketball athletes: Please do not bring basketballs to practice. All basketballs are provided by the program.
- Cheer athletes: Please bring your megaphone and pom-poms to each practice. These will be provided by the program at your first practice.

## Drop-Off & Pick-Up

To help create a positive and focused practice environment:

- Parents or guardians should meet the coach in the lobby before practice begins.
- Coaches, who have all completed required background checks, will then lead athletes into the gym/classroom.
- Parents and guardians are expected to remain in the lobby during practice unless a coach invites them into the gym or classroom. This helps athletes build confidence, develop independence, and stay focused while allowing coaches to provide the best possible instruction.
  - We understand that some athletes may require additional behavioral, emotional, or medical support. If this applies to your athlete, please speak with your coach so we can partner together to provide the best experience possible.
- If possible, please leave younger siblings at home to help keep the lobby and practice environment calm.



# Game Day Information

## Before You Leave

- Athletes should arrive 30 minutes before game time to connect with their coach and team.
- Basketball athletes: Ensure athletes arrive in the correct uniform. Please do not bring basketballs to games. Basketballs are provided by the program.
- Cheer athletes: Ensure athletes arrive in the correct uniform. Please bring your megaphone and pom-poms to each game day.

## Uniforms

- Home Team: White Jersey
- Away Team: Dark Jersey
- Cheer Uniform

## Jewelry Policy

For athlete safety, jewelry is not permitted during games.

- Earrings must be removed or securely taped.
- No necklaces, bracelets, or watches.
- Please leave valuables at home.

## Spectator Seating

Seating is **not** provided at game locations. Families and guests should bring their own chairs and communicate this information to anyone planning to attend.

## Game Locations

- Frederick: 5860 Majestic Street, Frederick, CO
- Niwot: 9447 Niwot Road, Niwot, CO

## Schedules & Locations

Game schedules, team information, and game-day locations can be found on Team Sideline.

*Pro Tip: Download the Team Sideline app to easily access schedules, team info, and game-day locations on the go.*



### A Final Word

Together, we can create an environment where athletes are challenged, encouraged, and reminded that they are Built for More.

Thank you for partnering with us as we help young athletes compete with integrity, grow in confidence, build lasting friendships, and discover that they are truly **Built for More.**